

OPEN/CLUB/COLLEGIATE MEN - BEST MARKS LIST
for
CRYSTAL SPRINGS INTERNATIONAL CROSS COUNTRY COURSE

(present 2.95 mile and 4.195 mile courses established 1972)
 (present 8,000 meters course established 1980)
 (present 10,000 meters course established 1976)
 (present 12,000 meters course established 1976)

(entries current through 2002)

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Mile Pace</u>	<u>Year</u>	<u>Meet</u>
12,000 meters					
Gary Tuttle	Beverly Hills Striders	37:24	5:01	1976	SrInt
(only 12,000 meters race ever held at Crystal Springs)					
10,000 meters					
Jim Schankel	Cal Poly/San Luis Obispo	30:46	4:58	1978	D2WR
<u>Matt Giusto</u>	<i>Mizuno</i>	<i>30:52</i>	<i>4:59</i>	<i>1990</i>	<i>PA-TAC</i>
Daniel Gonzalez	Reebok Aggies	31:02	5:00	1990	PA-TAC
Jim White	Sacramento State University	31:08	5:01	1978	D2WR
<u>Mark Conover</u>	<i>Humbolt State University</i>	<i>31:12</i>	<i>5:02</i>	<i>1981</i>	<i>FWC</i>
Conover	Humbolt State University	31:13	5:02	1981	D2WR
Frank Assumma	UC Riverside	31:16	5:02	1981	D2WR
Steve Alvarez	UC Riverside	31:31	5:05	1978	D2WR
Jim Sapienza	Hoy's Sports	31:34	5:05	1991	PA-TAC
Steve Pybus	Eastern Washington Univ.	31:35	5:05	1981	D2WR
Mike Stone	Hoy's Sports	31:35	5:05	1991	PA-TAC
David Frank	Reebok Aggies	31:48	5:08	1990	PA-TAC
Jay Rubino	Cal State/Los Angeles	31:48	5:08	1978	D2WR
Mitch Kingery	Cal Poly/San Luis Obispo	31:50	5:08	1978	D2WR
Ivan Huff	Reebok Aggies	31:59	5:09	1990	PA-TAC
Miguel Tibaduiza	Pacific Flyers	32:00	5:09	1990	PA-TAC

(16 entries/performances, 15 runners/performers)

8,000 meters

Tom Downs	West Valley Track Club	24:36	4:57	1980	NatJr
<u>Ed Eyestone</u>	<i>Brigham Young University</i>	<i>24:41</i>	<i>4:58</i>	<i>1980</i>	<i>NatJr</i>

Joe Driscoll	University of Portland	24:53	5:01	1999	WCC
Bryan Bothwell	University of Portland	24:54	5:01	1999	WCC
Uli Steidl	University of Portland	24:58	5:02	1994	WCC

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Pace</u>	<u>Year</u>	<u>Meet</u>
Dan Caprioglio	Santa Barbara Ath. Assoc.	25:01	5:02	1980	Nat Jr
Eric Sappenfield	Santa Barbara Ath. Assoc.	25:05	5:03	1980	NatJr
Bill Graham	Stanford University	25:07	5:04	1980	NatJr
Kelly Lambert	University of Portland	25:09	5:04	1994	WCC
Ryan Craig	University of Portland	25:11	5:04	2000	WCC
Kris Rolin	University of Portland	25:12	5:05	1999	WCC
Farron Fields	UCLA	25:20	5:06	1980	NatJr
Lambert	University of Portland	25:21	5:06	1995	WCC
Steidl	University of Portland	25:21	5:06	1995	WCC
Antonio Lopez	University of San Diego	25:21	5:06	2000	WCC

(10 entries/performances, 8 runners/performers)

4.195 miles

Jason Lienau	unattached	20:14	4:49	1996	CSC
Chris Lundstrom	Hoys/Excel	20:20	4:50	2000	CSX
John Howell	Reebok Aggies	20:23		1999	CSC
Konrad Knutsen	Adidas Transport	20:25	4:53	2002	CSC
Nate Bowen	Farm Team	20:28	4:53	2002	CSC
Don Conrad	Unattached	20:28		1999	CSC
Dave Scudamore	Farm Team	20:28	4:52	1996	CSC
Howell	Aggies	20:29	4:53	2000	CSC
Chris Ashfield	Hoy's	20:29		1999	CSC
Ryan Miller	Reebok Aggies	20:32	4:54	2002	CSC
Lundstrom	Hoy's	20:36		1999	CSC
Ernie Freer	Reebok Aggies	20:36	4:54	1996	CSC
Bret Kimple	Reebok Aggies	20:37	4:55	1995	CSC
Jason Walker	Humboldt	20:38	4:56	2002	CSC
Timothy Miller	Hummbolt	20:42	4:57	2002	CSC
Miguel Nuci	Adidas Transport	20:44	4:57	2002	CSC
Chris Schille	Reebok Aggies	20:45	4:56	1999	CSC
Kimple	Reebok Aggies	20:45	4:56	1996	CSC
Ray Cook	Silver State Striders	20:47	4:58	1994	CSC
Schille	unattached	20:47	4:58	2000	CSC
Tyler Graff	Chico State	20:48	4:58	2001	CSC
Kalid Abdalah	unattached	20:48	4:58	1999	CSC
Russell Hill	Reebok Aggies	20:50	4:58	1995	CSC

Mah Faulkner	Chico State	20:51	4:58	2001	CSC
Tim Miller	HTC	20:52	4:59	2001	CSC
Ryan McCalmon	Stanford University	20:53	4:59	1995	CSC
Jamey Harris	Reebok Aggies	20:53	4:59	1995	CSC
David Frank	Reebok Aggies	20:55	5:00	1994	CSC
Rod Heskett	Reebok Aggies	20:55	5:00	1995	CSC
Victor Santamaria	Reebok Aggies	20:56	5:00	1994	CSC
David Dyer	Stanford University	20:56	5:00	1994	CSC
Steve Moreno	Hartnell College	20:56	5:00	1996	CSC
Erik Spayde	Stanford University	20:57	5:00	1994	CSC
Noah Marcus	Adidas Trans	20:59	5:00	2001	CSC

(Top open performances under 21:00)

<u>Name</u>	<u>Affiliation</u>	<u>Mile</u> <u>Time</u>	<u>Pace</u>	<u>Year</u>	<u>Meet</u>
2.95 miles					
<i><u>Matt Giusto</u></i>	<i>unattached/U of Arizona</i>	<i>14:14</i>	<i>4:50</i>	<i>1987</i>	<i>TTrot</i>

Bold face: most recent entries

Historical Notes: Major meets held at Crystal Springs:

- 1976 Senior International Trials (for World Championships) (12,000 meters, including log jumps)
- 1980 AAU National Junior Championships/Jr International Trials (8,000 meters, including log jumps)
- West Coast Conference (collegiate) Championships: 10,000 meters 1985-1992, 8,000 meters since 1993
- 1974 AAU National Championships (10,000 meters, old course):
 1. John Ngeno Washington State 29:59 4:50
 2. *Neil Cusack* *New York AC* 30:15 4:53
 3. Ted CastanedaColorado TC 30:33 4:55

Italics: Matt Giusto, 1996 USA Olympian, 5000 meters
Mark Conover, 1988 USA Olympian, marathon
Ed Eyestone, 1988 & 1992 USA Olympian, marathon
Neil Cusack, 1972 Ireland Olympian, 10,000 meters

Please report additions or corrections to Bob Rush @ 650/595-3619